

The Six F-Words for Childhood Disability



1 Function

I might do things differently but I **CAN** do them. How I do it is not important. Please let me try!

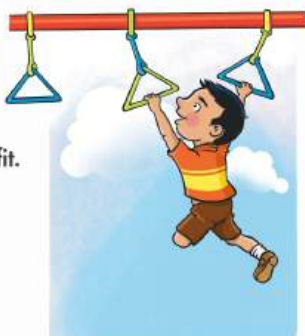
2 Family

They know me best and I trust them to do what's best for me. Listen to them. Talk to them. Hear them. Respect them.



3 Fitness

Everyone needs to stay fit and healthy, including me. Help me find ways to keep fit.



4 Friends

Having childhood friends is important. Please give me opportunities to make friends with my peers.



5 Fun

Childhood is about fun and play. This is how I learn and grow. Please help me do the activities that I find the most fun.



Illustrations by Niloufer Wadia

6 Future

I will grow up one day, so please find ways for me to develop independence and be included in my community.



 CanChild

 Latika Roy Foundation
A better world for children with disabilities

<https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability>

Based on Rosenbaum, P. & Gorter, J.W. (2012), The 'F-words' in childhood disability: I swear this is how we should think! Child: Care, Health and Development, (38) 4. Visit <https://www.canchild.ca/en/research-in-practice/f-words-in-childhood-disability> for more resources.